

Georgia Department of Human Resources Stress Scale Scoring

Note: This form used to assist you in identifying stress areas that otherwise may not have been reported or uncovered.

We have asked you to look at the last twelve months of changes in your life. This may surprise you. It is crucial to understand, however, that a major change in your life has effects that carry over for long periods of time. It is like dropping a rock into a pond. After the initial splash, you will experience ripples of stress, and these ripples may continue in your life for at least a year.

So, if you have experienced total stress within the last twelve months of 250 or greater, even with normal stress tolerance, you may be OVERSTRESSED. Persons with Low Stress Tolerance may be OVERSTRESSED at levels as low as 150.

OVERSTRESS can make you sick. Carrying too heavy a stress load is like running your car engine past the red line; or leaving your toaster stuck in the "on" position; or running a nuclear reactor past maximum permissible power. Sooner or later, something will break, burn up, or melt down.

What breaks depends on where the weak links are in your physical body, and this is largely an inherited characteristic.